



BLACKPOOL PMHW

PMHW NEWSLETTER

February 2021



CASHER

OPTIONS 4 CYP

Blackpool now has one way to access Children & Young

Peoples (CYP) Emotional Health and Wellbeing Services

Did you know that we now have one single point of access for all referrals into Blackpool's young people's emotional health and wellbeing services?

Referrals to **OPTIONS 4 CYP** are triaged with professionals from, **CAMHS, CASHER & YOUTHERAPY**.

We now all have one single freephone number for all three services **0800 121 7762** (Option 1 CAMHS, Option 2 CASHER, Option 3 Youtherapy)

One referral email for all three services :
bfwh.options4cyp@nhs.net

With one referral from for all professionals to request support for a Young Persons emotional health and well-being.

***Note the new referral form is attached To the Newsletter Email ***

OPTIONS 4 CYP Blackpool Teaching Hospitals NHS Foundation Trust

BLACKPOOL NOW HAS ONE WAY TO ACCESS CHILDREN & YOUNG PEOPLE'S (CYP) EMOTIONAL HEALTH AND WELLBEING SERVICES

CASHER **CAMHS** **Youtherapy**

Single Point of Access to CYP services

Contact Us On 0800 121 7762
Freephone Number

Referrals Email :
bfwh.options4cyp@nhs.net



Entwined Minds

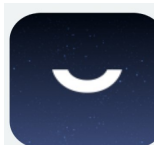
Entwined Minds are CAMHS, young people's participation group.

For this newsletter they have sent us some motivational quotes.

"Don't let yesterday take up too much of today"



Useful Apps for Sleep



Pzizz

Free, with in-app purchases The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed.



Sleepio

Free with In App Purchases Sleepio is an online sleep improvement programme fall asleep faster, stay asleep through the night,

Children's Mental Health Week 2021



@Blackpool_PMHW and @Youtherapy promoted Children's mental health week virtually this year due to COVID restriction. Together we promoted 'Ways to express yourself Mindfully' Please follow our socials to check us out and find new ways to be Mindful.

PMHW Leanne throughout Children's Mental Health week offered daily workshops to promote Blackpool & Fylde's College 'Nourish to Flourish' week to promote emotional health and wellbeing.

Quote from Senior Staff: 'Much appreciate Leanne's knowledge base to educate the young people. Further workshops will be valued'

Youth Mental Health First Aid



We have has some great feedback from attendees who took part in the new delivery of online Youth Mental Health First Aid training delivered by PMHW Steph.

"The course has been fantastic. I will take away so much, in particular enjoyed the frame of reference and also ALGEE."

If you are interested in becoming a Youth Mental Health First Aider, to attend a future course please see: [Safeguarding Training Courses](https://blackpoolsafeguarding.org.uk) (blackpoolsafeguarding.org.uk)

Did you Know We have two regular weekly Drop-ins ?





CHILD & ADOLESCENT MENTAL HEALTH SERVICES

Do you have worries or concerns about a young persons emotional mental health & wellbeing ? Unsure which service you may need support from ?

Are You struggling with overwhelming thoughts & feelings?

For the next education term, Blackpool Primary Care Mental Health workers are offering ongoing weekly Monday drop ins, for support and guidance. Open to young people, parent carers & professionals.

Venue
Revoc
Children's Centre,
Grasmere Road
Blackpool
FY1 5HP

Monday : 1pm-3pm
For further information contact:
0800 121 7762



Blackpool Teaching Hospitals
NHS Foundation Trust

Youtherapy
WEDNESDAY DROP IN
Time: 3.00pm-5.00pm

Based At :
26 Talbot Road
Blackpool
1st Floor
Contact us directly for more information
0800 121 7762
Option 3

Options Available.
.Face to Face
.Telephone
.Video Call
.11-25yrs



- Please Note due to Covid-19
- When attending appointments within Youtherapy you must wear a face covering over your Mouth & Nose
- Masks can be provided on arrival
- Relatives /Carers are not permitted to remain in the waiting area

School in Focus

Well done to St Georges High School, some great hard work going on over there to support the Emotional, Mental Health of the children. Here Georgia Jameson, Mental Health Pastoral Support Manager tells us more:



The mental health and chaplaincy team work together in creating YouTube videos to brighten up our students' day, whilst also delivering messages to support their wellbeing and help to build resilience. We have created a page on our school website and a Google Classroom which is dedicated to Mental Health and Wellbeing. Here students and parents can find an array of information, links to useful resources and tips and tricks on how to better manage mental health and wellbeing. Including information on how to create Gratitude jars and distraction boxes, information on healthy distractions, mindfulness and much more.

We have also created a new Mental Health provision at St George's called - The Sanctuary. The Sanctuary aims to empower and equip students with the knowledge, understanding, coping skills and confidence to learn more about who they are and how to better manage their own mental health. The first week of the Sanctuary will be an intense intervention, which includes mindfulness sessions every morning and a mental health curriculum, which covers topics such as - understanding anxiety, understanding depression and low mood, improving resilience. Each pupil will also have a weekly counselling session with our school Psychotherapist or Mental Health Support Worker.

PMHW Recommends Website:

Here you can find a variety of advice, guidance and support related to children and young people's mental health and emotional wellbeing.

Why Not take a look & and navigate yourself around you will become familiar with services and information useful for our Blackpool area.

www.healthyyoungmindspsc.co.uk



CASHER

The Child & Adolescent Support & Help
Enhanced Response Team

OFFER URGENT SUPPORT 7 DAYS A WEEK

To book a place at this clinic, please contact the **CASHER** Team within their duty hours (please leave a msg if necessary & they will contact you asap):

0800 121 7762 Option 2 ; Mon-Fri 5pm-10pm or Sat/Sun
10am-8pm. (Bank holiday times can vary)

"Don't think outside
the box – think like
there is no box "
Entwined Minds

"Nobody is better than
me. But I am better than
nobody else"
Entwined Minds

Are you following us on Social Media ?



@youththerapy / @Blackpool_PMHW / @entwined_minds



@youththerapybpool

With Thanks from Helen, Leanne
and Steph. Blackpool PMHW